



Health Check

WHO NEEDS A WELL CHILD CHECK-UP?



Many health problems begin before your children look or feel sick.

If your child is enrolled in EqualityCare, he or she can get FREE Well Child **Health Check** Exams; these exams help keep your children healthy. Many health problems begin before children look or feel sick. Regular **Health Check** exams can find problems and treat them before they get worse.

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What is included in a well child health check?

- ⇒ A head-to-toe physical exam
- ⇒ Immunizations (shots)
- ⇒ Tests for anemia & lead
- ⇒ Height, weight and development check
- ⇒ Nutrition check (eating habits)
- ⇒ Vision, dental and/or health screening
- ⇒ Health information (potty training, biting, fighting, walking, talking)

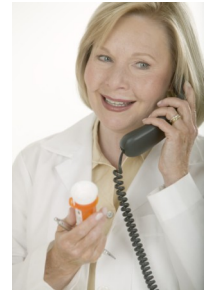
Special points of interest:

- Well Child Check-Ups
- Healthy Eating and Activities
- Know Your Drugs
- Emergency Travel Policy
- Important Telephone Numbers

KNOW YOUR DRUGS, KNOW YOUR PHARMACIST -DONNA ARTERY, PHARM.D, RPH

Get to know your pharmacist well—your health may depend on it! Your pharmacist can provide the answers to the following questions:

- ◆ What condition the medication is treating. Examples include an infection, depression, high blood pressure, or pain.
- ◆ What time to take the medication.
- ◆ How many times a day to take the prescription.
- ◆ How long do you need to take the medication.
- ◆ What might interact with your medication. Some prescription drugs taken with or too close to another medication may cause both or one of them to be ineffective.
- ◆ What over-the-counter (OTC) medicine might interfere with your prescription medication. Over-the-counter drugs such as aspirin, Tums, and Tylenol sometimes should not be taken with your meds.
- ◆ What minerals/alternative/complementary medications might interfere with your prescription medications. Tell your pharmacist if you take any of these type products. St. John's Wort and ginkgo biloba are just a couple of alternative meds that may interfere with your prescription drugs.
- ◆ What foods might interfere with your medications. Interfering foods may include milk, cheese, yeast-containing foods, grapefruit, etc.
- ◆ How soon might you be feeling better or expect relief from symptoms.
- ◆ What side effects might occur. Some drugs may cause dry skin, itching, a cough, diarrhea for a few days. How or if a drug affects pregnancy and breast milk can be explained by your pharmacist.
- ◆ Can alcohol be consumed while taking the prescription? Some medications taken with alcohol can make you physically ill.
- ◆ Your pharmacist can flavor many bad-tasting prescriptions and make them more palatable.
- ◆ Drug Labels and medication information can be printed in large-size type as well as in Spanish or many other foreign languages.



Remember: You are taking medication to treat a certain condition. If you do not take it correctly you may not receive the best fits of the prescription. If using antibiotics incorrectly, you may even cause resistance so the drug no longer works against infection.

WINTER EXERCISING FOR KIDS—INDOOR AND OUTDOOR

Playing video games can actually be a good way to exercise - if you play the right ones. Playing a high-intensity game of DDR (Dance, Dance, Revolution) or some other dance game while using a step pad can be a great way to get exercise if the cold weather is keeping you inside. If you think DDR is super lame, well you can still get exercise by playing Play TV EA John Madden Football with a step pad and motion-sensored football, or SSX with a step snowboard.

Dance Up a Storm

Throw on your favorite CD or launch Kidzworld Radio, crank up the volume and dance up a storm in your bedroom. Invite some friends over and have an indoor dance party. It's fun and is a great way to get some exercise.

Circus Acts

The winter season is the perfect time to move your exercise routine indoors and start practicing some of your favorite circus tricks. Spinning a hula hoop, juggling or jumping rope (if you have high ceilings) are all fun and easy activities for you to try indoors. Just make sure you've got enough space and don't damage any of your parents' favorite furniture.

Build a Snowman

You're never too old to **build a snowman** and it can be a fun way of keeping active over the holidays. Be creative and dress your snow creature up as your **most-hated teacher**, and then throw snowballs at it.

Sledding

Sledding is a great way to exercise outdoors. Climbing up hills will do your heart and muscles good. If you don't have a sled, you can make one. Use a black garbage bag, an old garbage lid or even a piece of cardboard. Remember to make sure that your sledding area is free of intersections and other dangerous objects.

Read for more ideas at: <http://www.kidzworld.com/article/2912-fun-holiday-exercise-tips#ixzz15fSVk5TM>



CLIENT REMINDER— OUT-OF-STATE SERVICE LIMITATIONS

Client Reminder

Out-of-State Service Limitations

Out-of-state services are limited to:

Covered services provided due to a referral from a Wyoming doctor to an out-of-state doctor;

Covered emergency services; or

Any covered services provided in the Wyoming Medical Services Area (WMSA) which includes:

- Any city or town within the State of Wyoming;
- Craig, Colorado;
- Billings and Bozeman, Montana;
- Deadwood, Rapid City and Custer, South Dakota;
- Pocatello and Idaho Falls, Idaho;
- Kimball and Scottsbluff, Nebraska; and
- Salt Lake City and Ogden, Utah



All providers including out-of-state providers must be enrolled and active with Wyoming EqualityCare to receive payment from EqualityCare.

HEALTHY EATING AND ACTIVITY TIPS FOR EVERYDAY (INCLUDING THE HOLIDAYS)

By Stacie Dunn, APS Network Coordinator Healthy Together Program

The news is everywhere that people need to lose weight, be more active, and eat healthy during the holidays. Talking about eating healthy and staying active is easy. But how do busy people with busy families DO this? Here are a few tips:

- *Try to eat fruits, vegetables, low fat dairy products, whole grains, and lean meat.
- *Watch out for sugar, fat, and salt that are found in many fast foods, boxed meals, frozen meals and holiday goodies.
- *Don't forget the calories that are in what you drink (soda, coffee drinks, sweetened juice and sports drinks).
- *Plan ahead when you are on the go and pack healthy snacks (bananas, carrot sticks, or cheese cubes) to take with you so you are not tempted to get fast food or the candy at the check out line.
- *Get some exercise on most days of the week. Playing outside with the kids or taking a walk counts as exercise.
- *During the holiday season, don't cut out all your favorite treats. It's OK to have one small treat a few times a week. It's easier than it sounds and it is better than completely depriving yourself, which might cause you to eat too many treats.
- *The holidays can be stressful. Don't forget to take time to relax. If you are feeling stressed you are more likely to eat unhealthy foods and overeat. Taking a walk can be a good stress reliever and a way to get exercise.

Eating healthy and staying active are things you should do every day for life to help reduce your risk of many health problems such as heart disease, diabetes, and certain cancers.

To get more information you may call Healthy Together at 1-888-545-1710 and talk to a Health Coach at no cost to you.



Happy Holidays



CLIENT WEB PORTAL (<http://wyequalitycare.acs-inc.com>)

Did you know that you can go online 24 hours a day and 7 days a week to:

- Check your EqualityCare eligibility.
- Ask EqualityCare questions regarding your benefits or covered services, etc.
- Request a replacement EqualityCare client ID card.
- Make transportation requests when covered by your benefit plan. Some requests will need to continue to be made through the ACS Transportation Call Center.

NOTE: This website is secure and to gain access you must first register. On the EqualityCare Home page under "Client" there are on-line instructions on how to complete the registration process. From the Client Home page go to "*First time to the client secured portal?*" and click on "Client Web Registration". You will need either the EqualityCare client ID number or SSN (Social Security Number), date of birth and first and last name.

You do not need to register to:

- Find a Wyoming EqualityCare doctor, dentist, hospital or clinic in your area or in a specific town, city or state.
- Acquire ACS and EqualityCare contact information.
- View the EqualityCare Handbook, Frequently Asked Questions, newsletters and other client materials.

EMERGENCY TRAVEL POLICY REMINDER

Transportation call center agents are required to document the appointment dates and times for each travel request. This information will assist in determining if overnight stays should be paid for by EqualityCare.

Emergency Fund requests will be granted for \$100 or more in an emergency situation. Emergency Funds will not be given if the transportation reimbursement is less than \$100.

When a client requests emergency funds and the reimbursement amount is \$100 or more, the transportation call center agents are required to contact the provider to verify the appointment is scheduled. Once this verification has occurred the agents will notify the client's DFS office.

An emergency fund request is limited to one (1) per 30 days per client (not per family). Routine appointments or appointments that are weeks or months in the future are not eligible for emergency funds. Regular funds are available for these routine or planned appointments.

If the client requests an overnight stay, the original hotel receipt must be mailed with their Travel Authorization Confirmation Packet or Emergency Travel Authorization Confirmation Packet.

All verifications must be the original documents (no copies or faxes) and must include client name, appointment date and time and must be signed by the physician, nurse, receptionist/biller, or office manager. Please keep a copy for your records.

The only verification forms that will be accepted by the transportation call center will be the following:

- A. The original physician or facility's Super Bill given at the time of check-out.
- B. Verification information on doctor or facility letterhead.
- C. Verification information on the doctor or facility's tamper resistant Rx pad.

Providers will be contacted to verify attendance of appointments. If an appointment is not attended, notify the transportation call center immediately.

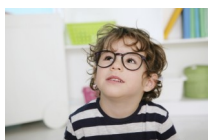
Transportation Call Center — 1-800-595-0011 — M-F 9 am - 5 pm MST

Travel to a Psychiatric Residential Treatment Facility (PRTF):

- Must be authorized prior to travel.
- Must be for admit, discharge, or family therapy and must have EqualityCare approval.
- Travel to therapy visits will only be reimbursed every other month.



REMINDER



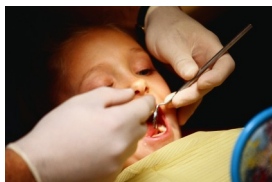
As of January 1, 2010, EqualityCare pays for one (1) pair of glasses per 365 days for Children under the age of 21 when medically necessary.

WHERE SHOULD I TAKE MY CHILD FOR CHECKUPS?



Your doctor, a clinic, health center, or local health department can provide Well Child **Health Checks**. It is best to establish a "medical home", a place that delivers primary care that is accessible, continuous, comprehensive, family-centered, coordinated, compassionate, and culturally effective to every child and adolescent. Have the "medical home" keep track of your child's history.

For dental exams, make an appointment with a dentist in your area.



MAKING AN APPOINTMENT...

- > You may make an appointment directly with your child's doctor or dentist (ask if they will accept EqualityCare when making the appointment).
- > It is important for you to keep your child's appointment. The doctor and dentist reserve time especially for your child. If you cannot keep your child's appointment, call and tell them as soon as possible.
- > When you go for your child's appointment, take your child's EqualityCare Card and immunization record.

WHEN SHOULD MY CHILD HAVE A HEALTH CHECK?

Getting a Health Check at the right time is the best way to make sure your child gets the medical care he or she needs.

Babies need check-ups at:

- ✓ 1 month
- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 9 months
- ✓ 12 months

Toddlers need checkups at:

- ✓ 15 months
- ✓ 18 months
- ✓ 24 months (2 years)

Young children need checkups at:

- ✓ 3 years ✓ 5 years
- ✓ 4 years ✓ 6 years

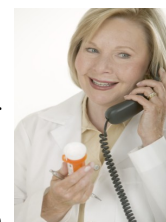


Older children and Teenagers need:

- ✓ A checkup every year

WHO SHOULD I CALL?

- If you have any questions on your EqualityCare benefits please contact ACS at 1-800-251-1269.
- For Children's Special Health (CSH) eligibility, call your local Public Health Nursing (PHN) office. For information on services and limitations for the CSH programs, call (307) 777-7941 or 1-800-438-5795.
- For prescription services, call the Pharmacy Help Desk at 1-877-209-1264.
- For travel reimbursement, call 1-800-595-0011.
- To apply for assistance in purchasing nutritional food items (i.e. formula, juice, milk, eggs, etc.) through the Women, Infants, and Children (WIC) program, contact your local WIC office.



For children enrolled in Kid Care CHIP:

- If you have any questions on your Kid Care CHIP health or vision benefits, please contact Blue Cross Blue Shield of Wyoming at 1-800-209-9720.
- If you have any questions on your Kid Care CHIP dental benefits, please contact Delta Dental at 1-800-735-3379.

** Kid Care CHIP is not an EqualityCare Program*

Visit our website at
www.health.wyo.gov/equalitycare



The Wyoming Department of Health is the primary State agency for providing health and human services. It administers programs maintaining the health and safety of all citizens of Wyoming.

Mission

We envision a Wyoming in which all citizens are able to achieve their maximum health potential: a Wyoming in which early intervention, wellness, health promotion, and health maintenance programs are the primary approach for solving health problems: a Wyoming in which at-risk citizens receive culturally appropriate and sensitive services: a Wyoming in which we and future generations are healthy, vital, and productive so as to seize the opportunity to live our individual dreams and enjoy the benefits of our bountiful resources and natural beauty.



Wyoming
Department of Health
Office of Healthcare Financing

Our mission is to promote,
protect and enhance the health
of all Wyoming citizens.

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YOUR HEALTH CHECK NEWSLETTER

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